



IT'S WHO WE ARE.

As American Indian parents, we  
have always taught our children  
to be active and to participate in  
many physical activities.

**PROUD. STRONG. ACTIVE.**

Today we can keep the traditions  
of healthy children and healthy  
communities alive by encouraging  
our children to be active and joining  
them in physical activities for an  
hour a day. To learn more visit:

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U.S. Department of Health and Human Services, Centers for Disease Control and Prevention